
































## Sand Shoal Inlet, VA - Jul 2029

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	12:12	4.3	12:40	3.8	6:25	0.2	6:37	0.4	5:46	8:27	
2	Mon	12:56	3.9	1:28	3.7	7:07	0.3	7:30	0.6	5:47	8:27	
3	Tue	1:42	3.6	2:19	3.8	7:50	0.5	8:25	0.8	5:47	8:27	
4	Wed	2:32	3.4	3:13	3.9	8:34	0.5	9:20	0.9	5:48	8:27	
5	Thu	3:25	3.2	4:08	4.0	9:20	0.6	10:16	0.9	5:48	8:27	
6	Fri	4:20	3.1	5:01	4.2	10:08	0.6	11:12	0.9	5:49	8:26	
7	Sat	5:13	3.2	5:51	4.4	10:58	0.5			5:49	8:26	
8	Sun	6:03	3.3	6:38	4.7	12:04	0.7	11:48 AM	0.4	5:50	8:26	
9	Mon	6:51	3.4	7:23	4.9	12:52	0.6	12:37	0.2	5:50	8:25	
10	Tue	7:37	3.6	8:08	5.1	1:37	0.4	1:24	0.1	5:51	8:25	
11	Wed	8:23	3.8	8:52	5.2	2:20	0.3	2:10	0.0	5:52	8:25	
12	Thu	9:09	3.9	9:36	5.3	3:02	0.1	2:56	-0.1	5:52	8:24	
13	Fri	9:56	4.1	10:20	5.2	3:44	0.0	3:43	-0.1	5:53	8:24	
14	Sat	10:42	4.3	11:05	5.1	4:27	-0.1	4:32	-0.1	5:54	8:23	
15	Sun	11:31	4.4	11:50	4.8	5:11	-0.1	5:25	0.0	5:54	8:23	
16	Mon			12:21	4.5	5:58	-0.1	6:22	0.1	5:55	8:22	
17	Tue	12:39	4.5	1:15	4.6	6:47	-0.1	7:22	0.3	5:56	8:22	
18	Wed	1:31	4.1	2:13	4.7	7:38	-0.1	8:25	0.4	5:57	8:21	
19	Thu	2:29	3.7	3:17	4.7	8:33	0.0	9:31	0.4	5:57	8:21	
20	Fri	3:33	3.5	4:22	4.8	9:31	0.0	10:39	0.4	5:58	8:20	
21	Sat	4:37	3.4	5:24	4.9	10:31	-0.1	11:45	0.3	5:59	8:19	
22	Sun	5:40	3.4	6:23	5.0	11:32	-0.1			6:00	8:19	
23	Mon	6:37	3.5	7:17	5.1	12:45	0.2	12:30	-0.2	6:00	8:18	
24	Tue	7:31	3.7	8:06	5.1	1:37	0.1	1:24	-0.3	6:01	8:17	
25	Wed	8:21	3.8	8:52	5.1	2:23	0.0	2:14	-0.3	6:02	8:16	
26	Thu	9:08	3.9	9:36	5.0	3:05	-0.1	3:00	-0.3	6:03	8:16	
27	Fri	9:53	4.0	10:17	4.8	3:45	-0.1	3:45	-0.1	6:04	8:15	
28	Sat	10:37	4.1	10:57	4.5	4:23	0.0	4:30	0.0	6:04	8:14	
29	Sun	11:19	4.1	11:37	4.2	5:01	0.1	5:15	0.3	6:05	8:13	
30	Mon			12:02	4.1	5:40	0.3	6:02	0.5	6:06	8:12	
31	Tue	12:18	3.9	12:47	4.0	6:19	0.4	6:50	0.7	6:07	8:11	